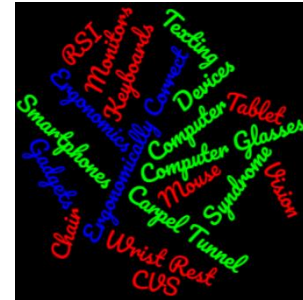


Exercises

Ergonomics: You, Your Computer, Tablet, and Smartphone

Start with 10 repetitions



Neck and Shoulders

- **Neck Rotation:** Slowly rotate your head as far as comfortable to the right, then left.
- **Shoulder Rotation:** Circle your shoulders, then reverse directions.
- **Head Side to Side:** Bend your neck so left ear approaches left shoulder, then repeat for right. Add a little resistance by pressing your hand against the side of your head.
- **Chin Tuck:** Slide your chin inward, without bending your neck up or down. This is easiest to practice initially against a wall. Tuck chin in, attempting to touch back of neck to the wall while also maintaining head contact. Don't jam your chin down to your chest.
- **Shoulder Blade Retraction:** Pull your shoulders down and back.
- **Shrug:** Slowly raise your shoulders toward ears and hold for a few seconds. Gradually bring shoulders down and relax.

Back

- **Shoulder Squeeze:** Raise your arms in front of body, with elbows bent and thumbs up. Pull elbows back, squeezing shoulder blades together. Hold for a few seconds then release.
- **Stretch Up:** Sit up straight and imagine a cable attached to the top of your head. Gradually stretch to be as tall as possible, hold for a few seconds, then relax.

Arms

- **Arm Relaxation:** Drop your arms and hands to your sides. Gently shake them for a few seconds.
- **Arm Rotation:** Raise your arms in front of your body. Rotate arms so palms face up, then rotate so backs of hands face each other.

Hands / Wrists

- **Wrist Flex:** With your elbows on desk, gently use left hand to bend right hand back toward forearm. Hold for a few seconds, then relax. Repeat on other side.
- **Touch each finger with thumb:** Start with pinky through pointer and back to pinky
- **Finger Fan:** Spread your fingers as far apart as possible, hold, then clench fists, then release.
- Squeeze a soft hand exercise ball.

Feet

- **Toe Curl:** Flex toes up, then curl toes under. Release.
- **Foot Rotation:** Circle foot slowly from the ankle, then reverse.

Eyes

- **Eye Rolls:** Roll your eyes clockwise then counterclockwise briefly.
- **Palm Eyes:** Without touching your eyes, cup hands lightly over eyes for 30 seconds to rest them from light.
- **Look Away:** Exercise your eyes by periodically looking away from your computer to focus on distant objects.
- **Blink:** 20 times